

Montgomery County Community College  
 ESW 226  
 Assessment of Human Fitness  
 3-3-0

**COURSE DESCRIPTION:**

This course is designed to introduce the student to the use of health and fitness assessment technology and testing mechanisms needed to assess the physical fitness status of individuals in healthy and selected special populations. Students will perform assessments for the five (5) components of health related physical fitness: Cardiorespiratory endurance; Muscular strength and endurance; Flexibility; and Body composition. The data gathered from the fitness assessments will be used to develop appropriate fitness goals and exercise programs.

**REQUISITES:**

*Previous Course Requirements*

BIO 129 - Functional Human Anatomy and Physiology or BIO 131 and 132: Human Anatomy and Physiology I and II

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Describe the components, goals, and evaluative procedures for determining physical fitness.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Differentiate between physical fitness, physical activity, and exercise in reference to evaluative procedures.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies
3. Describe special considerations for screening and assessing the physical fitness of special populations.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies
4. Assess a client's personal physical fitness utilizing established evaluative procedures.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Lecture Written Assignments	Written Assignments Case Studies Demonstrations
5. Analyze the energy cost/requirements of various activities.	Utilization of Computer Programs Application of Assessment Tools Documentation Role Play Assessment Activities Lecture	Written Assignments Case Studies

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
6. Measure energy expenditure of a healthy population.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies
7. Use professional assessment tools to prescribe and document exercise programs for the apparently healthy population.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies Documentation Demonstrations

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Physical Activity and Health
2. Physical Fitness and Performance
3. Health and Fitness Appraisal
4. Energy Costs of Physical Activity and Exercise
5. Evaluation and Exercise Prescription for Health and Fitness
  - a. Cardio Respiratory Fitness
  - b. Body Composition and Weight Management
  - c. Nutrition, Energy Intake and Expenditure
  - d. Strength and Muscular Fitness
  - e. Flexibility and Low Back Function
  - f. Stress

**LEARNING MATERIALS:**

ACSM personal trainer study kit – 3 books

- ACSM Guidelines for Exercise Testing and Prescription (9th Edition)
- ACSM Resources for the Personal Trainer (4th Edition)
- ACSM Certification Review (4th Edition)

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

**COURSE APPROVAL:**

Prepared by:	David Woods, Joselle Edwards, Andy Kelly, Dr. Victoria L. Bastecki-Perez	Date:	8/21/2006
Revised by:	Dr. Anne Livezey	Date:	2/2009
VPAA/Provost Compliance Verification:	Dr. John C. Flynn, Jr.	Date:	9/12/2009
Revised by:	Dr. Anne Livezey	Date:	12/2012
Revised by:	Amanda Wooldridge and Dr. Anne Livezey	Date:	7/2014
VPAA/Provost or designee Compliance Verification:	Victoria L. Bastecki-Perez, Ed.D.	Date:	12/2014

*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*